



Fall 2023



the Stethoscope

A newsletter of the Frederick Health Auxiliary and Volunteer Program
400 West 7th Street Frederick, MD 21701

Volunteer office: 240-566-3567 - Website: www.frederickhealth.org

Stethoscope website: <https://www.frederickhealth.org/About/Volunteering/Newsletter.aspx>

Auxiliary President's Message

Harriet Brown



Happy Fall and the beginning of the holiday season, a time to be thankful for all the blessings in our lives. Thank you so much for the valuable work you do for Frederick Health Auxiliary. I have not thanked you enough and want to let you know that your dedication and hard work are essential to keeping the auxiliary working in all the areas we do, whether fundraising or service areas. You bring ideas, positive energy, and support for our community. Thank you, many times over!!!

To illustrate your dedication, you volunteered 47,740 hours last year. Using Maryland's volunteer salary estimate of \$29.98 an hour, you saved Frederick Health \$1,629,000. The auxiliary also, gave back to Frederick Health \$230,000 from the profits from Select Seconds, Gift Shop and fundraisers. You all are to be commended for making all this possible.

After the resignation of President Elect Roxanne Ramsburg, Hamp Tisdale has accepted this position and will then become Frederick Health Auxiliary President on July 1, 2024. Hamp began volunteering in 2012, working at Wings and the Information Desk. He will be an outstanding leader to guide our auxiliary.

At our November 21, 2023, Auxiliary board meeting, Lori Sprecher will be speaking on the Family Connects program which began in March. This program, provided by a grant, enables an RN from the Family Center to visit a mom and baby in their home 3 weeks after birth. I would like to encourage all volunteers, not just board members, to attend this meeting to learn about this beneficial program. The meeting is on Tuesday, November 21 at 10 am.

Lastly, I would like to end with a quote: "Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in." (author unknown).



Hospital President's Message

Tom Kleinhanzl



Dear Friends,

The autumn season has always signified a time of change when we move beyond the summer months and into cooler temperatures and changing colors. Before we know it, the holiday season will be upon us. We can all agree that 2022 was a busy year for Frederick Health. With 2023 entering its final months, there are some critical updates that I would like to share.

As our community has continued to grow, so has our organization. We've invested back into our facilities and services to meet those changing and expanding needs. As part of this investment, I am pleased to share that we opened our Frederick Health Brunswick location in early October. This facility offers Primary Care, Urgent Care, Laboratory, Imaging, and Physical Therapy & Sports Rehab. Brunswick is one of the fastest-growing areas in the county, and by opening this location, we continue to provide access to quality care by bringing it closer to home.

The Frederick Health Medical Group is always recruiting and hiring the best medical providers from around the world, and we are pleased to offer expert, personalized treatment in 25 different areas. In recent months, we've worked proactively to expand the number of providers in Pulmonary Medicine, and Orthopedics & Sports Medicine. By increasing the number of expert pulmonologists and orthopedic surgeons available, we continue to provide award-winning care to this community.

Frederick Health's mission is to positively impact the well-being of every individual in our community. Our fantastic team accomplishes that goal through mission-driven programs, helpful community services, outreach, education, financial assistance, and more. Recently, we published our annual Community Impact Report. This report captures the positive health outcomes of our unique partnerships, shared community efforts, and sound financial investments. We live in a growing, diverse community, and our efforts aim to improve the lives of our friends, family, and neighbors. If you'd like to view this report, several copies have been provided to the Volunteer Office. I encourage you to take a look.

As 2023 draws to a close and we prepare for the coming year, the dependable presence of the Frederick Health Auxiliary has continued to inspire. For decades, you've contributed your energy, your time, and your heart to Frederick Health. On behalf of the entire Senior Leadership team, thank you and cheers to 2024.

Kind regards,

A handwritten signature in black ink that reads 'Thomas A. Kleinhanzl'.

Tom Kleinhanzl
President & CEO
Frederick Health

Message from Director of Volunteer Services

Sharon Hannaby

I hope you are all still enjoying my “Happy Friday” emails. It is fun to find new things to share each week. My goal is to make them a bit educational or entertaining (hopefully both). We live in such a beautiful area, rich with history so many of these emails are about things in our county. I am always open to other ideas for things to research so please feel free to share any suggestions.

Since COVID, we have been working to rebuild our volunteer service areas back to pre-COVID numbers. We have about 1/2 of the volunteers that we had before COVID but this number is growing. Our hours, also down, are creeping up at a slow pace.

We are still very much in need of volunteers. The number one reason given for why people began volunteering is simple – someone asked them to help. Please help recruit by asking your friends, family members, and neighbors if they have a few hours per week to spare. If you belong to a group that may like a speaker regarding the volunteer program, please let us know.

Please go out and enjoy the fresh fall air and the beautiful colors that come out this time of year. Get your flu vaccine, wash your hands often, and stay rested and well! You are important to us.

Always!!



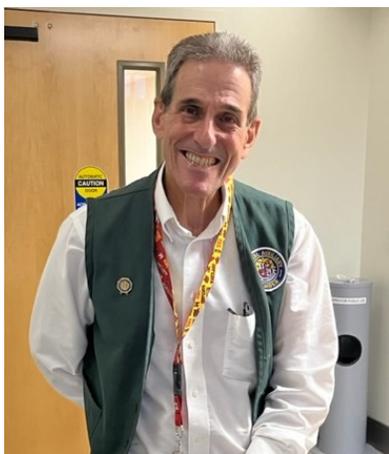
Do you have friends, neighbors, family members who might be interested in volunteering? Studies have shown that the #1 reason people volunteer is.....someone asked them. While many volunteers returned post-COVID, we had many who did not return to volunteering.

Would you be willing to ask just one person if they have 3 or 4 hours per week or even every other week to share with Frederick Health? If every volunteer recruited one person, we could return to pre-COVID coverage for our services.

Please - Ask one person

A Shining Star

Roxanne Ramsburg



The Surgical Information Desk is fully staffed with 14 volunteers who cheerfully greet surgical patients and family members while providing assistance to hospital staff.

A shining star of the volunteer staff is Brent Gross. Brent not only works at the SIV area weekly but has recently begun working at the Information Desk. Brent is always the first to respond if a fellow volunteer needs a substitute, for either one shift or for an extended leave of absence.

Brent has been a FHH volunteer since February 20, 2020. If you see Brent working at either area of the lobby, stop by and say “hi” and thank him for being such a dedicated volunteer.

Sewing Auxiliary Project

Barbara Shealer

On September 21, 1982, President Ronald Reagan, under Proclamation #4976, declared September as National Sewing Month “In recognition of the importance of home sewing to our Nation.” Your Frederick Health Sewing Auxiliary carries out and celebrates the joy of that creative spirit throughout the entire year.

In our past articles we have featured our surgical and neck pillow production and recently we highlighted our ‘busy aprons’ creations. This month we are presenting our hand-made ‘walker bag’ accessory. These bags fit securely onto walkers allowing the individual the ability to carry personal items and accessories while their hands are busy holding onto and maneuvering the walker. The material bags also keep prying eyes from seeing what the individual is carrying.



Auxiliary Fashion Show Snapshot



The Frederick Health Auxiliary Fashion Show and Luncheon held at Maryland National Golf Course in Middletown, Maryland on Monday, October 23rd was a great success. All proceeds from the fashion show will be donated to the Frederick Health Auxiliary Scholarship Program.



Individual Photos (Left to Right) - Commentator Susan Chapman; Models Jan Kennedy, Sharon Hannaby, Cita King

- Photos submitted by Bonnie Walters

Select Seconds

Co-Manager Pam Schaffert

Autumn is a beautiful time of year. Yes, it's always sad that summer is over, but that doesn't mean *fall* isn't worthy of the same affection. Our shop volunteers have been busy keeping up with the demand for clothing, accessories, and home décor for the new fall/winter season. Also, our Christmas and holiday items will be out in early November. If you are looking for something unique, come to Select Seconds! We have many one-of-a-kind items that you will not find anywhere else, and it is never too early to start shopping for those holiday gifts.

We've recently had a downturn in donations and want to let you know that Select Seconds is always looking for quality items to sell. Whether you are downsizing or you are in the process of changing over your wardrobe, please consider donating to us. Your contributions are always much appreciated!

We were once again a finalist in the Frederick News-Post's Best of the Best Contest in the "Best Consignment/Thrift Store" category. The winners will be revealed on November 15th. Thanks to all who voted for us!

A big shout out to all our Select Seconds volunteers for giving us their time and doing such a great job to support the shop. Your dedication really shows!

We are always in need of new volunteers, especially salesclerks. If interested, please contact our Volunteer Services Office, and let them know you would like to join the Select Seconds team!

For the latest on Select Seconds, follow us on our Facebook page @SelectSeconds.

Select Seconds Volunteer Snapshot



Photos (Top Row/Left to Right) - Linda Harley working on housewares items; Gaye Lynn Wilson and Carol Powell, our jewelry ladies; Emilie Angelety sorting items | Photos (Bottom Row/Left to Right) - Anne Truffer and Dottie Burhans working on shoes; Pat Dickinson, Mary Smith, and Terri Hawkins clerking the August bag sale; Cita King sorting items (Emilie and Cita mother and daughter)
 - Photos submitted by Pam Schaffert

Fundraising Committee

Joe Collins



With the holidays fast approaching we have several popular vendor sales on the calendar to finish out 2023.

We have had a very successful fall season highlighted by the addition of Frederick Health Village as an additional site for vendor sales. With the inclusion of the staff working at the Village location vendor sales have enjoyed an increase in both sales traffic and volume. We recently concluded vendor sales by D&D Jewelry Designs, Mindy’s Jewels, MMG Gifts (formerly Collective Goods), \$7 Everything Sale and Silver Events.

We will be closing the year with an exciting slate of vendor sales starting in November with Mindy’s Jewels and Lancaster Linens and concluding in late December with MMG Gifts and Fudge Farm.

Looking ahead to 2024 we have a full schedule of sales with eight (8) vendors visiting Frederick at both locations. We have added a new vendor Uniform Village from Cumberland, Maryland that will be offering a full variety of uniforms for the staff.

Vendor sales are very popular with the hospital staff and provide them the opportunity to purchase reasonably priced goods without leaving work, a source of funds for the Auxiliary and a unique opportunity for volunteers to meet and interact with hospital staff. Vendor sales have payroll deduction which requires volunteers to work the sales and complete the sales transactions that are payroll deductions. We have a new Quick Charge System that is very easy to operate and makes processing payroll sales simple. Shifts are 2 ½ to 3 hours, so if you have a few hours, want to meet and interact with our wonderful and dedicated staff while helping to raise funds for the Auxiliary come and join the fundraising team. At the same time you will have first crack at the wide variety of unique items offered for sale by our vendors.

As always a big thanks to the dedicated members of the fundraising team.

Other News from Select Seconds

Co-Manager Pam Schaffert



Select Seconds’ Semi-Annual Bag Sale, held Saturday, August 26th, 2023, enjoyed record crowds and sales!!

There were shoppers lined up outside all the way to the square corner. In 4 hours, we sold 229 bags at \$5 each along with many half price items that wouldn't fit in the bags. Our total was \$1,542!

We can’t say thanks enough to the dedicated volunteers who worked that day. They handled the crowds with poise, a smile, and plastic bags when the paper ones were about to burst with product!

A special thanks to all those behind the scenes who prepped and priced all the wonderful donations and to those that made those donations....keep them coming!!



Who Is Who?

Hongwei Xu



Alberta "Bert" Fiske was looking for ways to give back after she was fully retired. She then found a perfect fit - the hospital. According to Bert, the hospital has so many volunteer opportunities that can accommodate her hours, days, and interests.

Over the past five years, Bert has been working an average of 8-12 hours per week at multiple jobs/assignments throughout the hospital – the Information Desk, NICU Cuddler, Select Seconds, Sewing Group, Patient Folders, and Medical Records. A skilled crocheter, Bert also finds time to crochet newborn baby hats for the hospital at home. Since May 2018 Bert has accumulated a total of 3,295.75 service hours.

"The best part of my volunteer experience is the satisfaction and gratification that I receive from helping the hospital staff, patients, and visitors," said Bert with a grin.

Besides volunteering at the hospital, Bert is an active member of the Frederick County Senior Recreation Council where she meets with people, goes on hikes and exercises regularly.

"We need interactions with people to stay alert and vital," said Bert excitedly. This is another reason why Bert has been such a dedicated volunteer who is so deeply involved in her work at the hospital.

Joyce Weddle walked into the hospital and signed up as a volunteer the next day after she was retired from her government job in 1999. Simple as it is!

Living in Harpers Ferry, WV, Joyce travels 60, sometimes 80-90 miles round trip, depending on the road conditions, to come to volunteer at the hospital. Her job at the WINGS mainly involves helping discharge patients including babies and run errands throughout the hospital, and she has been doing this same job for over 24 years!

Besides volunteering at the WINGS, Joyce also helps out at the Auxiliary Cookie Sales and Christmas Party. On Christmas Day each year, she and her daughter would spend half day at the hospital visiting patients and taking Auxiliary prepared gifts and her gifts to them.

Being one of the longest serving volunteers at the hospital and having accumulated 4,986.25 hours, Joyce has received the Lifetime Achievement Award for contributing more than 4,000 service hours.

When Joyce is not volunteering or taking care of her cats, Joyce goes dancing three nights a week at venues in Maryland, Pennsylvania, Virginia, and West Virginia to stay busy and have fun. But her biggest joy and fun is to volunteer at the hospital.

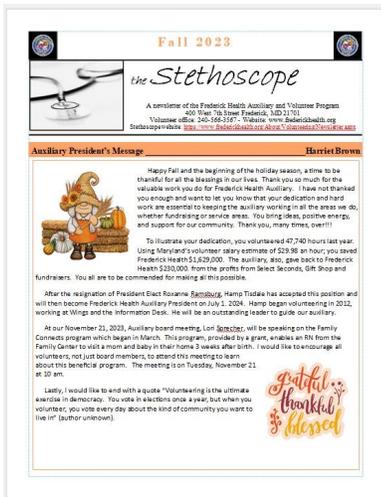
"It has been a very rewarding volunteer job being able to help others in need," said Joyce happily and proudly.





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